

Coaching Tip: How to Use the *Art of Allowing*

Welcome to my coaching tip of the week on how to use the *Art of Allowing*, a Law of Attraction technique, to help your clients feel better.

For those of you unfamiliar with the concept of the Law of Attraction, let me synthesize it for you. The *Law of Attraction* says, “The essence of that which is like unto itself, is drawn. For example, ‘If you feel unappreciated because of circumstances that have recently occurred in your experience, the *Law of Attraction* cannot now surround you with people who appreciate you.’ That would defy the *Law of Attraction*.” In short, similar to a magnet, like attracts like.

There are three universal laws but today we’re going to focus on the Law of Allowing because that is where your personal power lives. The Law of Allowing is the conscious gentle guiding of your thoughts in the general direction of the things you desire. Abraham Hicks asserts that what prevents people from getting control of a situation and feeling empowered is the belief that they need to get to where they want to be right now or as quickly as possible. But that urge works against us because it creates resistance, not to mention how irritating it feels when you think you need to be somewhere you’re not. When you feel an urge to be somewhere else, you push hard against where you are right now. That is *upstream*. In an effort to get to an improved place, you are pointing in the opposite direction of your wise and benevolent self, or what we refer to as your “true nature”.

Abraham Hicks using the analogy of *upstream* and *downstream* to exemplify the relief and freedom you would feel if you had been paddling upstream, against a current and then suddenly dropped the oars, in an attitude of giving into the flow of the stream, letting it turn

you and taking you downstream. It is taking you toward the things you want to your inevitable well-being and a fulfillment of your dreams. In short, you cannot make progress towards your dreams or goals from a story based place. Irritation, upset or frustration is simply not conducive to what you want to feel, do or have.

So, today I want to show you how you can apply the upstream and downstream approach to negative thinking. In fact, I often use this tool and blend it with The Work.

When your clients feel negative emotion, or feel stuck they are not in alignment with the highest vision they see for themselves. As their coach, your job is to unpack the thoughts causing those negative or stuck feelings. You might use The Work to further examine how your client reacts, feels or behaves with and without the thought. Last, you would explore Turnarounds and identify opposite concepts that may be truer or kinder than the original belief.

This is where you can apply upstream and downstream thinking.

Upstream thinking is those automatic negative responses we have to our circumstances, which point you away from your desired results – feelings, thoughts, behaviors and/or results.

Here's an example of some *upstream* thoughts:

- This is a frightening diagnosis
- I'll never find my soul mate
- My kids are driving me nuts
- My husband never listens to me
- I'm sorry I didn't spend more time with my mother before she died
- I'm going to run out of money

These are resistant statements. They're holding you in vibrational alignment of what you don't want. For example, your belief that you need to overcome this adversity (the "frightening" diagnosis for example), has pointed you upstream and away from potential

solutions. Byron Katie would say that that this belief is an argument with reality.

Here are some examples of downstream thoughts:

- I won't let this get the better of me
- I can beat this
- There is no need to struggle in any of this
- My higher self has already achieved wellness

You probably noticed that these are not earth shattering replacement thoughts but they probably feel a little bit better than the upstream thought. The goal is not life changing improvement but rather a soft, slight improvement in the way you feel.

“I'll never find my soul mate” is another example of an upstream thought that probably triggers related beliefs like “I like them but they don't like me” or “I really hate the whole dating scene.”

Downstream replacement thoughts:

- I don't need to make every date I go on an audition for a marital partner
- I love getting to know people
- These experiences only help to clarify what I want
- I don't have to make this so complicated

When exploring “downstream” thoughts with clients, I will usually preface it with this:

“We're going to play with finding thoughts that feel just a little bit better to you. I want you to pretend that we're going clothes shopping and I'm going to give you some things to try on – skirts, shorts, dresses and pants, except I will be offering you thoughts, statements and beliefs rather than articles of clothing. Your job is to try them on and let me know how it feels – some will feel okay, some will feel just right and others will not resonate at all. These are not mantras, they're replacement thoughts and they must feel believable and offer you a

sense of relief or freedom. If they don't, let me know and we'll continue to explore more.”

Thank you for tuning into my Coaching Tip of the week on how to help your clients feel better. As usual, I'd love to hear if you're applying my tips and how they're working for you.

Cheers,

Jackie